

Staying Healthy During Flood Response

Maintain adequate hydration levels

 Engaging in strenuous activities on hot summer days is a dangerous recipe for dehydration. An easy-to-remember general guideline is to consume eight 8-ounce glasses of water each day. Even mild dehydration can drain your energy and make you feel tired. Staying hydrated can also help to minimize muscle soreness and cramping.

Eat well-balanced meals

• Proper nutrition is vitally important to stay healthy. Try to get a variety of fruits, vegetables, whole grains, lean meats, and dairy products. Eat fiber or protein-rich snacks throughout the day to maintain energy levels and help you to feel full longer. Visit www.choosemyplate.gov for more information.

Follow safety precautions to minimize injury

 Working around flood waters can be very physically taxing. Using proper form is crucial for minimizing back and joint injuries, and muscle strains. Be sure to lift with your legs to protect your back and take a few minutes to stretch throughout the day to lessen muscle soreness.

Protect your skin

• Wear sunscreen or protective clothing when working outside.

Take time to recharge

• Get adequate rest at night and throughout the day. Take breaks to have a snack, rehydrate, and re-energize. Ask others for help if you need it.

Manage stress levels

 Preparing for and responding to flooding can be extremely stressful. Take time for yourself to relax and do activities you enjoy. Try to maintain as much of your normal routine as possible and follow the other suggestions listed here to minimize the stress you're experiencing.